

Winter Greens

Key Points

- For best buy, look for greens that are moist and crisp, with rich green leaves.
- To prepare fresh greens, wash leaves well and trim leaves from stem.
- To store fresh greens, wrap unwashed greens in a damp papertowel, place in a plastic bag and keep in the refrigerator for 3 to 5 days.
- Winter greens contain vitamin A, which is good for healthy eyes and skin.



Black-eyed Peas and Collard Greens

Ingredients:

2 tablespoons vegetable oil
1 cup chopped onion
3 garlic cloves, minced
8 cups chopped collard greens
1/4 cup chopped tomato
1/4 cup chopped dill
1 1/2 cups cooked black-eyed peas
(beans need to be soaked and cooked according to package instructions)
black pepper to taste

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir frequently.
3. Add greens, tomato, dill and 1 cup of water. Cook until greens are soft, 20-25 minutes.
4. Add **cooked** black-eyed peas. Add black pepper to taste. Stir.
5. Serve immediately and enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

Adapted from www.nytimes.com

Quick Tips

- Add kale, collard greens, mustard greens or Swiss chard to soups and stews.
- Cook winter greens with oil and garlic for a quick side dish.
- Greens can be seasoned with vinegar, ginger, lemon juice or hot pepper flakes!
- **Kids can help!** Tearing leafy greens is an easy, fun way to enjoy cooking with your child!

For more information about Stellar Farmers Markets, visit www.nyc.gov/health/farmersmarkets

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